

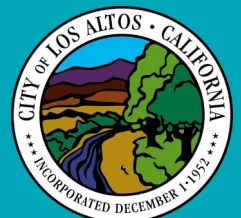
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*Tango Dancers 2* painted by Lenora V. of ArtVentures <http://caartventurers.blogspot.com/>

**City of Los Altos Recreation & Community Services Senior Program  
(650) 947-2797**

**Grant Community Center 1575 Holt Avenue, Los Altos, CA 94024  
Monday—Friday 8:30 AM—3:30 PM**





# HIGHLIGHT

## INDEX

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### Stay Connected!

KMVT—Channel 15  
[www.losaltosca.gov](http://www.losaltosca.gov)  
[www.losaltosca.gov/recreation/page/senior-program](http://www.losaltosca.gov/recreation/page/senior-program)



It's been *wonderful* seeing all of the new faces and returning members at the Grant Park Senior Center location!



The reason for the move to Grant should now be apparent. On June 30, the city council voted to appropriate money from the General Fund for the new community center. Gonsalves & Stronck Construction Co. has been hired as the contractor and already started work to improve The Underground at Shoup Park (400 University Ave, Los Altos, CA 94022). To keep up with construction go to: <https://www.losaltosca.gov/publicworks/page/new-community-center>.

By the time you read this, the City Recreation Department should be operating at the new location and a fence will be around the construction site at Hillview. You *will* see the new senior center in your lifetime!



The front of Room 4 at Grant Park with the new Gazebo!

Also a warm welcome back to Cheri Anderson, the Senior Center Coordinator. We're happy to have her back after an extended leave!



*Enjoy the fall season and autumn colors! Best of health to all!*

# CLASSES AND ACTIVITIES AT A GLANCE

## PROGRAMS:

## FREE Classes and Activities

### FREE Members/ \$3 Non-Members

Pickleball	LAYC	Thursday
Ping Pong	Multi	TBA
Tech Tutor with Ellen	Los Altos Library, Teen RM	Monday
Tech Tutor with Shalini	RM 4	Monday

Lunch and Socialize!  
Every Wednesday  
Multi-Purpose 11:30 AM  
\$5 Donation Appreciated

### FREE Members/ \$1 Non-Members

Big Screen Movie	RM 2	1st Friday of the Month
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### Members ONLY

Bocce Ball (key check out)	TBD	TBD
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ArtVentures	RM 3	Wednesday
Bridge Play	RM 4	Monday, Tuesday, Friday
	Multi-Lounge	Wednesday
Book Club (with Betsy)	RM 4	3rd Wednesday
Book Club (Los Altos Senior)	Los Altos Library	2nd Thursday
Chess	Multi	Wednesday
Dance Exercise	Multi-Purpose	Wednesday
Discussion: Current Events with Jack	RM 3	Monday
Mah-Jongg Play	RM 2	Wednesday
Men's Group	RM 3	1st & 3rd Thursday
Pilates	Multi	Every other Mon.
Pinochle	RM 4	Thursday
Senior Commission Meeting	Check Calendar	1st Monday

## FEE BASED CLASSES (per session)

Beginning American Mah-jongg	RM 2	Wednesday (9/11-12/11)	\$35 Members / \$42 Non-Members
Chair Strength & Balance	Garden House	Tuesday (9/17-12/10)	\$60 Members / \$71 Non-Members
Foreign Affairs	RM 3	Friday (9/13-12/06)	\$30 Members / \$35 Non-Members
Intermediate Bridge	Neutra House	Thursday (9/12-12/12)	\$55 Members / \$65 Non-Members
		Drop-in	\$7 Members / \$9 Non-Members
Line Dancing	Multi-Purpose	Tuesday (9/10-10/01)	\$29 Members / \$34 Non-Members
		Tuesday (10/8-10/29)	\$29 Members / \$34 Non-Members
		Tuesday (11/5-12/3)	\$35 Members / \$41 Non-Members
		Drop-in	\$8 Members / \$10 Non-Members
Stretch, Flex & Tone	Garden House	Tuesday & Thursday (9/17-12/12)	\$120 Members / \$143 Non-Members

# SEPTEMBER 2019

**Monday**

**Tuesday**

**2**

**3**

**CLOSED FOR**

**9**

9:45 Monkey Toy—RM 2  
10:00 Bridge Play—RM 4  
10:00 Tech Tutor with Shalini—RM 4  
11:00 Discussion: Current Events with Jack—RM 3  
1:00 Tech Tutor with Ellen—Los Altos Library  
1:30 Chair Yoga—Multi  
3:30 Senior Commission Meeting—Los Altos Hills

**10**

9:15 Bridge Play—RM 4  
**12:30 Line Dance—Multi**

**16**

9:45 Monkey Toy—RM 2  
10:00 Bridge Play—RM 4  
**10:00 Tech Workshop: Email Management—RM 3**  
11:00 Discussion: Current Events with Jack—RM 3  
1:00 Tech Tutor with Ellen—Los Altos Library  
1:30 Chair Yoga—Multi

**17**

**8:45 Stretch, Flex & Tone—Garden House**  
9:15 Bridge Play—RM 4  
10:00 HICAP—RM 3  
**10:15 Chair Strength & Balance—Garden House**  
**12:30 Line Dance—Multi**

**23**

9:45 Monkey Toy—RM 2  
10:00 Bridge Play—RM 4  
10:00 Tech Tutor with Shalini—RM 4  
11:00 Discussion: Current Events with Jack—RM 3  
1:00 Tech Tutor with Ellen—Los Altos Library  
1:30 Chair Yoga—Multi

**24**

**8:45 Stretch, Flex & Tone—Garden House**  
9:15 Bridge Play—RM 4  
**10:15 Chair Strength & Balance—Garden House**  
**12:30 Line Dance—Multi**

**30**

9:45 Monkey Toy—RM 2  
10:00 Bridge Play—RM 4  
10:00 Tech Tutor with Shalini—RM 4  
11:00 Discussion: Current Events with Jack—RM 3  
1:00 Tech Tutor with Ellen—Los Altos Library

Open Monday — Friday  
8:30 am — 3:30 pm  
1575 Holt Avenue, Los Altos,  
CA 94024  
\*\*\*NOTE\*\*\*  
Calendars are not a comprehensive listing of all programs  
\*Schedule subject to change\*

**Legend:**

**Fee Based Classes**  
**Lunch and Socialize**  
**Movies on the Big Screen**  
**Special Events**

# GRANT PARK

**Wednesday**

**Thursday**

**Friday**

4

5

6

# BREAK!

**11** 9:30 ArtVentures—RM 3  
 10:00 Bridge Play—Multi-Lounge  
 10:00 Self-Directed Meditation—RM 4  
 10:15 Stretch with Eleanor—Multi  
**10:30 Mah-Jongg Lesson—RM 2**  
 10:45 Chair Workout with Esther—Multi  
**11:30 Lunch and Socialize—Multi**  
 11:30 Chess—RM 4  
 12:00 Spanish Lesson with Viviana—RM 3  
 12:30 Mah-Jongg Play—RM 2  
**12:30 Speaker: Ayurveda Medicine—RM 4**  
 1:00 Yoga with Vijay—RM 3

**12**  
**9:15 Int. Bridge Lesson—Neutra House**  
 11:00 Pickleball—LAYC  
 11:30 Pinochle—RM 4  
 1:00 Book Club—Los Altos Library  
*A Gentleman in Moscow*  
*by Amor Towles*

**13**  
**10:00 Foreign Affairs—RM 3**  
 12:00 Bridge Play—RM 4  
**1:00 Movie—RM 2**  
**Vice (2018)**

**18** 9:30 ArtVentures—RM 3  
 10:00 Bridge Play—Multi-Lounge  
 10:00 Self-Directed Meditation—RM 4  
 10:15 Stretch with Eleanor—Multi  
**10:30 Mah-Jongg Lesson—RM 2**  
 10:45 Chair Workout with Esther—Multi  
**11:30 Lunch and Socialize—Multi**  
 11:30 Chess—RM 4  
 12:00 Spanish Lesson with Viviana—RM 3  
 12:30 Mah-Jongg Play—RM 2  
 12:45 Book Club with Betsy—RM 4  
*The Readers of Broken Wheel Recommend*  
*By Katarina Bivald*  
 1:00 Yoga with Vijay—RM 3

**19**  
**8:45 Stretch, Flex & Tone—Garden House**  
**9:15 Int. Bridge Lesson—Neutra House**  
**10:00 Men's Group—RM 3**  
 11:00 Pickleball—LAYC  
 11:30 Pinochle—RM 4

**20**  
**10:00 Foreign Affairs—RM 3**  
 12:00 Bridge Play—RM 4

**25** 9:30 ArtVentures—RM 3  
 10:00 Bridge Play—Multi-Lounge  
 10:00 Self-Directed Meditation—RM 4  
 10:15 Stretch with Eleanor—Multi  
**10:30 Mah-Jongg Lesson—RM 2**  
 10:45 Chair Workout with Esther—Multi  
**11:30 Lunch and Socialize—Multi**  
 11:30 Chess—RM 4  
 12:00 Spanish Lesson with Viviana—RM 3  
 12:30 Mah-Jongg Play—RM 2  
**12:30 Speaker: Mid Peninsula—RM 4**  
 1:00 Yoga with Vijay—RM 3

**26**  
**8:45 Stretch, Flex & Tone—Garden House**  
**9:15 Int. Bridge Lesson—Neutra House**  
 11:00 Pickleball—LAYC  
 11:30 Pinochle—RM 4

**27**  
**10:00 Foreign Affairs—RM 3**  
 12:00 Bridge Play—RM 4

# OCTOBER 2019

## Monday

**Open Monday — Friday**

**8:30 am — 3:30 pm**

**1575 Holt Avenue,**

**Los Altos, CA 94024**

**\*\*\*NOTE\*\*\***

Calendars are not a comprehensive listing of all programs

\*Schedule subject to change\*

### Legend:

**Fee Based Classes**

**Lunch and Socialize**

**Movies on the Big Screen**

**Special Events**

**7**  
 9:45 Monkey Toy—RM 2  
 10:00 Bridge Play—RM 4  
**10:00 Tech Workshop: New Product Demo—RM 3**  
 11:00 Discussion: Current Events with Jack—RM 3  
 3:30 Senior Commission Meeting—Los Altos Hills

**14**  
 9:45 Monkey Toy—RM 2  
 10:00 Bridge Play—RM 4  
 10:00 Tech Tutor with Shalini—RM 4  
 11:00 Discussion: Current Events with Jack—RM 3  
 1:00 Tech Tutor with Ellen—Los Altos Library  
 1:00 Pilates with Lori—Multi

**21**  
 9:45 Monkey Toy—RM 2  
 10:00 Bridge Play—RM 4  
**10:00 Tech Workshop: Streaming TV & Music—RM 3**  
 11:00 Discussion: Current Events with Jack—RM 3  
 1:00 Tech Tutor with Ellen—Los Altos Library

**28**  
 9:45 Monkey Toy—RM 2  
 10:00 Bridge Play—RM 4  
 10:00 Tech Tutor with Shalini—RM 4  
 11:00 Discussion: Current Events with Jack—RM 3  
 1:00 Tech Tutor with Ellen—Los Altos Library  
 1:00 Pilates with Lori—Multi

## Tuesday

**1**  
**8:45 Stretch, Flex & Tone—Garden House**  
 9:15 Bridge Play—RM 4  
**10:15 Chair Strength & Balance—Garden House**  
**12:30 Line Dance—Multi**

**8**  
**8:45 Stretch, Flex & Tone—Garden House**  
 9:15 Bridge Play—RM 4  
**10:15 Chair Strength & Balance—Garden House**  
**12:30 Line Dance—Multi**

**15**  
**8:45 Stretch, Flex & Tone—Garden House**  
 9:15 Bridge Play—RM 4  
 10:00 HICAP—RM 3  
**10:15 Chair Strength & Balance—Garden House**  
**12:30 Line Dance—Multi**

**22**  
**8:45 Stretch, Flex & Tone—Garden House**  
 9:15 Bridge Play—RM 4  
**10:15 Chair Strength & Balance—Garden House**  
**12:30 Line Dance—Multi**

**29**  
**8:45 Stretch, Flex & Tone—Garden House**  
 9:15 Bridge Play—RM 4  
 12:00 HICAP—RM 3  
**10:15 Chair Strength & Balance—Garden House**  
**12:30 Line Dance—Multi**



# GRANT PARK

Wednesday	Thursday	Friday
<p>2</p> <p><b><u>Schedule Every Wednesday</u></b></p> <p>9:30 ArtVentures—RM 3</p> <p>10:00 Bridge Play—Multi-Lounge</p> <p>10:00 Self-Directed Meditation—RM 4</p> <p>10:15 Stretch with Eleanor—Multi</p> <p><b>10:30 Mah-Jongg Lesson—RM 2</b></p> <p>10:45 Chair Workout with Esther—Multi</p> <p><b>11:30 Lunch and Socialize—Multi</b></p> <p>11:30 Chess—RM 4</p> <p>12:00 Spanish Lesson with Viviana—RM 3</p> <p>12:15 Dance Exercise—Multi</p> <p>12:30 Mah-Jongg Play—RM 2</p> <p>1:00 Yoga with Vijay—RM 3</p> <p><b>12:30 Speaker: History Museum—Multi</b></p>	<p>3</p> <p><b>8:45 Stretch, Flex &amp; Tone—Garden House</b></p> <p><b>9:15 Int. Bridge Lesson—Neutra House</b></p> <p><b>10:00 Men's Group—RM 3</b></p> <p>11:00 Pickleball—LAYC</p> <p>11:30 Pinochle—RM 4</p>	<p>4</p> <p><b>10:00 Foreign Affairs—RM 3</b></p> <p>12:00 Bridge Play—RM 4</p> <p><b>1:00 Movie—RM 2</b> <b>Finding Your Feet (2017)</b></p>
<p>9</p> <p><b><u>Schedule Every Wednesday</u></b></p>	<p>10</p> <p><b>8:45 Stretch, Flex &amp; Tone—Garden House</b></p> <p><b>9:15 Int. Bridge Lesson—Neutra House</b></p> <p>11:00 Pickleball—LAYC</p> <p>11:30 Pinochle—RM 4</p> <p>1:00 Book Club—Los Altos Library Bad Blood: Secrets and Lies in a Silicon Valley Startup by John Carreyrou</p>	<p>11</p> <p><b>10:00 Foreign Affairs—RM 3</b></p> <p>12:00 Bridge Play—RM 4</p>
<p>16</p> <p><b><u>Schedule Every Wednesday</u></b></p> <p><b>12:30 Speaker: Service Dogs—RM 4</b></p> <p>12:45 Book Club with Betsy—RM 4 Before We Were Yours by Lisa Wingate</p>	<p>17</p> <p><b>8:45 Stretch, Flex &amp; Tone—Garden House</b></p> <p><b>9:15 Int. Bridge Lesson—Neutra House</b></p> <p><b>10:00 Men's Group—RM 3</b></p> <p>11:00 Pickleball—LAYC</p> <p>11:30 Pinochle—RM 4</p>	<p>18</p> <p><b>10:00 Foreign Affairs—RM 3</b></p> <p>12:00 Bridge Play—RM 4</p>
<p>23</p> <p><b><u>Schedule Every Wednesday</u></b></p>	<p>24</p> <p><b>8:45 Stretch, Flex &amp; Tone—Garden House</b></p> <p><b>9:15 Int. Bridge Lesson—Neutra House</b></p> <p>11:00 Pickleball—LAYC</p> <p>11:30 Pinochle—RM 4</p>	<p>25</p> <p><b>10:00 Foreign Affairs—RM 3</b></p> <p>12:00 Bridge Play—RM 4</p>
<p>30</p> <p><b><u>Schedule Every Wednesday</u></b></p> <p><b>11:30 Birthday Lunch—Multi</b></p>	<p>31</p> <p><b>8:45 Stretch, Flex &amp; Tone—Garden House</b></p> <p><b>9:15 Int. Bridge Lesson—RM 1</b></p> <p>10:00 Bocce Ball—Hillview</p> <p>11:00 Pickleball—LAYC</p> <p>11:30 Pinochle—RM 4</p>	

# CLASSES IN-DEPTH



## American Mah-Jongg



Wednesdays Grant Park RM 2  
September 11 — December 11

**Beginner Mah-Jongg Class 10:30 AM—12:30 PM**  
\$35 Members / \$42 Non-Members

**Intermediate FREE Play 12:30-3:30 PM**



*LEARN and PLAY this fun game of skill and luck!*

## ★ FOREIGN AFFAIRS ★

Enjoy learning about political, economic, social, and cultural issues? Come join the conversation about international news and share your stories in this very popular class!



**Fridays 10 AM**  
**Grant Room 3**  
**Sept 13 — Dec 6**  
**(no class 11/29)**  
**\$30 Members / \$35**  
**Non-Members**

## INTERMEDIATE BRIDGE LESSONS



**Social Bridge**



is one of the world's most popular games! Taught by Anthony Plutynski. Advance your skills at bidding and playing!



**Thursdays 9:15 AM—12:00 PM**

**Neutra House**

**181 Hillview Ave, Los Altos, CA 94022**

**September 12 — December 12**

**\$55 Members / \$65 Non-Members**

**Drop-in \$7 Members / \$9 Non-Members**

## LINE DANCING

Learn to sync up your steps in this fun group dance class taught by Richard Campbell!

**Tuesdays 12:30-2:45 PM**

**Grant Park Multi-Purpose Room**

**September 10 — October 1**

**\$29 Members / \$34 Non-Members**

**October 8 — 29**

**\$29 Members / \$34 Non-Members**

**November 5 — December 3**

**\$35 Members / \$41 Non-Members**

**Drop-in \$8 Members / \$10 Non-Members**



## Stretch, Flex & Tone

Taught by Nora Beltran!  
Strengthen your muscles and improve the range of motion in your joints! Bring your mat and weights to each class.



**Tuesdays & Thursdays**

**Shoup Park Garden House 8:45-9:45AM**

**Sept 17 — Dec 12 (no class 11/28)**

**\$120 Members / \$143 Non-Members**

## Chair Strength & Balance



Also taught by Nora Beltran! Fun seated and standing exercises that will improve strength and balance. Bring your own dumbbells (optional). Balls, bands, and water bottle weights will be provided.

**Tuesdays**

**Shoup Park Garden House 10:15-11:00AM**

**Sept 17 — Dec 10 (no class 10/22, 11/26)**

**\$60 Members / \$71 Non-Members**



# PROGRAM HIGHLIGHTS AND NOTIFICATIONS



The **Senior Center** and its activities will be **CLOSED** the first week of September for a late summer break! Enjoy the week and we will be back September 9th! Thank you for understanding and please let us know if you have any questions!

## There will be NO Wednesday Dance Exercise

in September, but the class will be back in October at a new time!

Come have fun at 12:15 PM in the Grant Park Multi-Purpose Room starting October 2nd!



## Tech Workshops

with **Shalini**  
Room 3 at 10:00 AM

Monday, Sept 16th



**Email Management**—The features and functions of email, how to best optimize and understand email clients.



Monday, Oct 7th

**New Product Demo**—Demonstration and education around an exciting new program that helps seniors bike down memory lane!

Monday, Oct 21st



**Streaming TV & Music**—Explore popular streaming channels, the pros and cons as well as how to access. A quick peek at streaming music apps including Spotify, Apple Music, Pandora, Google Music, and Amazon Music.

## BOOK CLUB with Betsy at Grant

Meets on the 3rd Wednesday of each month at 12:45



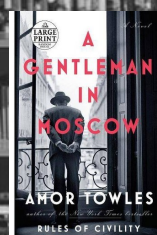
**Sept 18th:**  
The Readers if Broken Wheel Recommend  
By: Katarina Bivald

**Oct 16th:**  
Before We Were Yours  
By: Lisa Wingate



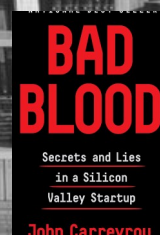
## The Los Altos Senior BOOK CLUB

Meets on the 2nd Thursday of each month at 1:00 PM in the Los Altos Library



**Sept 12th:**  
A Gentleman in Moscow  
By: Amor Towles

**Oct 10th:**  
Bad Blood: Secrets and Lies in a Silicon Valley Startup  
By: John Carreyrou



DVD and *book rentals* available in Room 4!  
**Free for Members Only!**



## LOS ALTOS LEGACIES



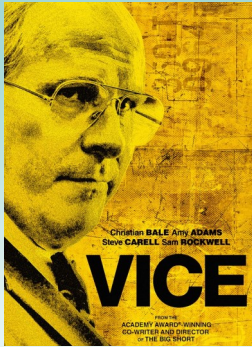
Hurray! Los Altos will finally begin the rebuild of the Hillview Community Center! Thanks to "Yes" votes, the contract has been signed to begin construction!

Los Altos Legacies is happy to see this major accomplishment begin for our city and our seniors after many years of negotiations. Thanks also go to our City Manager Chris Jordan.

# SPECIAL EVENTS AND ACTIVITIES



## MOVIES ON THE BIG SCREEN



**September 13th:**  
**Vice (2018)**

Dick Cheney's path to becoming the most powerful Vice President in American history, reshaping the country and the globe.

*Rated R—language and some violent images*

**Starring: Christian Bale, Amy Adams, Steve Carell**



**October 4th:**  
**Finding Your Feet (2017)**

When "Lady" Sandra Abbott discovers her husband is having an affair with her best friend, she seeks refuge in London with her estranged sister Biff. She gets dragged to a community dance class, where she starts finding her feet.

**Starring: Imelda Staunton, Celia Imrie, Timothy Spall**

## Ayurveda

The ancient Hindu system of healing based on the idea of balance in the bodily system.

Presented by Neha Kabra, an Ayurvedic Health Counselor

**Wednesday September 11th 12:30-1:30 RM 4**



It is a holistic and sustainable alternative medicine science that ensures natural healing and works best in cases of chronic diseases. Ayurvedic remedies help to restore balance by working with diet, lifestyle, yogic breathing, and herbs, all of which have no side effects.

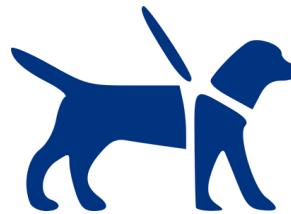


## SERVICE DOGS

Learn about the differences between types of service animals and much more!

Presented by Kathy Waddell

**Wednesday October 16th 12:30-1:30 RM 4**



Kathy will also cover training models, legal rights, and etiquette history of these uniquely trained animals.

Come meet Crystal, Kathy's diabetic alert service dog!

## Additional Speakers:



**September 25th in Grant Park RM 4 at 12:30 PM**

**Korinne Skinner, Public Affairs Manager for Mid Peninsula Open Space**

Outdoor recreation geared toward active seniors.

**October 2nd in Grant Park RM 4 at 12:30 PM**

**Elizabeth Ward, Executive Director of the History Museum**

The history of the History Museum and current events.



**Pilates with Lori now every other Monday starting October 14th**  
(see calendar for dates)  
**1:00 PM in the Grant Park Multi-Purpose Room**  
(no chair yoga)



**Extra HICAP dates to help with Medicare open enrollment season!**

Every 3rd Tuesday at 10:00 AM plus 10/29 and 11/12 at 12:00 PM with Nancy.

Grant Park Room 3

Call (650) 947-2797 to schedule an appointment!





# MEMBERSHIP PERKS AND VOLUNTEER APPRECIATION

**Your membership with the Los Altos Senior Program is important to us!**

You are not only contributing to a viable Senior Program, you are also strengthening our community and relationships. Our doors are open so come in and join us! Annual Membership is \$26.00 for Los Altos residents and \$40.00 for non-residents. Don't forget to add \$6.00 for home delivery of our bi-monthly newsletter: The Spotlight! Membership forms are available online at <https://www.losaltosca.gov/recreation/page/senior-program>. Make checks payable to: City of Los Altos Mail to: Los Altos Senior Program, 1 North San Antonio Road, Los Altos, CA 94022.

## LIST OF PERKS

- \* Free and/or Discounted Fees for Classes Activities, and Events!
- \* Technology Resource Tutor
- \* Mah-Jongg Sets
- \* DMV Packets
- \* See's Candies Certificates
- \* DVD Loan Library
- \* Free In-Home Repair Program  
Volunteers: Dave Izant, and Raj Patel  
help with *minor* repairs such as :  
Electrical — Changing Light Bulbs, Switches  
Plumbing — Dripping Faucet, Leaky Toilet  
Sprinklers — Timers, Sprinkler Heads  
**This program is not for emergency repairs.**

<b>Daily Coffee Service and Snack Bar:</b> Grant Park Room 4 and Multi-Purpose  <b>CSA Senior Services Program:</b> Case Management 650-810-2237	<b>Los Altos Residents 50+ Scholarship Opportunity:</b> For participation in our programs. Call Jaime Chew 650-947-2848	<b>HICAP</b> (Health Insurance Counseling Program) Offered every 3rd Tuesday. Sign-up by calling us at (650) 947-2797.  <b>Long-Term Consultation (Roy):</b> 10am-12pm  <b>Regular Consultation (Nancy):</b> 1pm-3pm	<b>Vial of Life</b> Available in Room 4
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**RoadRunners**, a transportation service provided by El Camino Hospital Auxiliary volunteers. Transportation is provided to and from medical appointments, grocery store, hair salons, library, etc. Rides can also be scheduled with LYFT if RoadRunners is full. The office is open Monday-Friday, 7:00am-5:00pm, please call [650-940-7016](tel:650-940-7016). The last RoadRunners ride is 3:30pm. Rides can be provided through LYFT up until 4:30pm.



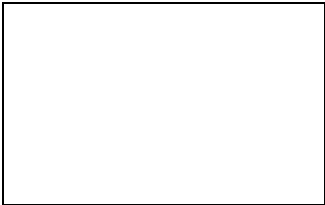
***"Thank you to Esther and Eleanor for making exercise fun for us. Keeping flexible is one of the best ways to prevent falls and we all need that help!" -Doris Hawks Torbeck***  
**From one happy participant: "Eleanor starts off with gentle stretches. Ester helps us stay strong and flexible. And we all love both of them!"**



**Thank you Sawako, for the time, dedication, and effort you put into your Yoga class towards the wellbeing of the senior exercise program. We know how the members looked forward to your Monday Yoga classes, not only to stay fit, but to socialize as well. We wish you well on your new endeavor!**



Los Altos Senior Program  
City of Los Altos  
1 North San Antonio Road  
Los Altos, CA 94022



Change Service Requested

👉 Time Sensitive Material

Email: recreation@losaltosca.gov

Alison Rivera  
Poonam Bidarkar  
Anita Parsons  
Meredith Jung  
Staff: Cheri Anderson  
Lori Stolia  
Jill Stevens

SPOTLIGHT  
NEWSLETTER



Los Altos Senior Program

